

# Adolescent Physical Activity

## INFORMATION FOR ADULTS WHO CARE ABOUT ADOLESCENTS

### Why does it matter?

- Regular physical activity -
  - ↑gives you more energy
  - ↑helps in coping with stress
  - ↑improves your self-image
  - ↑increases resistance to fatigue
  - ↑helps to counter anxiety and depression
  - ↑helps you to relax and feel less tense
  - ↑tones your muscles
  - ↑burns off calories to help lose extra pounds or helps you stay at your desirable weight
  - ↑helps control your appetite

*In South Dakota...*

Did You Know?

### Need More Information?

- In one minute with 45 to 50 beats, the heart of a well-conditioned person pumps the same amount of blood of an inactive person's heart pumps in 70 to 75 beats.
- Compared to a well-conditioned heart, the average heart pumps up to 36,000 more times per day, 13 million more times per year.

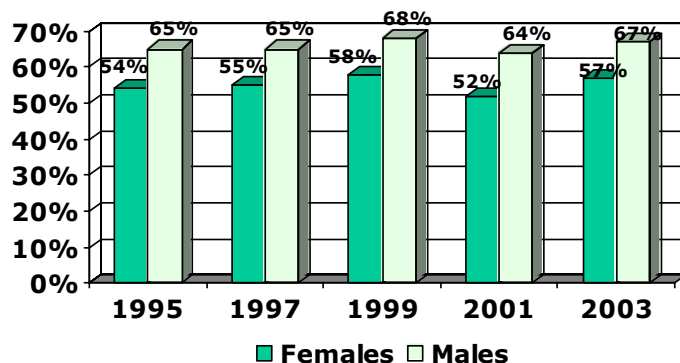
Source: National Institutes of Health

## Need more details?

†The Healthy People 2010 objective 22-7a is to increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion to 85 percent.

- Approximately two thirds (62.6%) of students nationwide had participated in activities that made them sweat and breathe hard for 20 minutes or more on at least three of the seven days preceding the survey. (US Youth Risk Behavior Survey 2003)
- Approximately one quarter (24.7%) of students nationwide had participated in moderate physical activities that did not make them sweat or breathe hard for 30 minutes or more on at least 5 of the 7 days preceding the survey. (US Youth Risk Behavior Survey 2003)
- Nationwide, 55.7% of students were enrolled in Physical Education class. Twenty-eight percent of these students attend Physical Education class daily. (US Youth Risk Behavior Survey 2003)

**Adolescents who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard**



Source: The 2003 SD Youth Risk Behavior Survey Report

- About three-fourths of the energy you burn every day comes from what your body uses for its basic needs, such as sleeping, breathing, digesting food and reclining. Any physical activity in addition to what you normally do will burn up extra calories. (National Institutes of Health)
- In 1999 32% changed to 27% in 2003 for SD students had at least one day of physical education class per week at school. (The 2003 SD Youth Risk Behavior Survey)

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## How You Can Help . . .

Everyone can make a difference in young people's lives by helping them include physical activity in their daily routines.

### Parents or Guardians can . . .

- 🚲 Encourage children to be physically active.
- 🚲 Learn what your children want from physical activity programs and help them choose appropriate activities.
- 🚲 Volunteer to help your child's sports teams and recreation programs.
- 🚲 Play and be physically active with your children.

### Teachers and Coaches can . . .

- 🚲 Keep students moving during P.E. classes.
- 🚲 Emphasize activity and enjoyment over competition.
- 🚲 Help students become competent in many motor and behavioral skills.
- 🚲 Involve families and community organizations in physical activity programs.
- 🚲 Refrain from using physical activity, such as push-ups or running laps, as punishment.

### Communities can . . .

- 🚲 Set a good example by being physically active, making healthy eating choices, and not smoking.
- 🚲 Provide a mix of competitive team sports and noncompetitive, lifelong fitness and recreation activities.
- 🚲 Increase the availability of convenient and safe parks, public swimming pools, hiking/biking trails, and other places for young people to take part in physical activity programs.
- 🚲 Encourage school administrators and board members to support daily physical education and other school programs that promote lifelong physical activity -- not just competitive sports.
- 🚲 Discourage the use of physical activity as punishment.
- 🚲 Work with schools, businesses and community groups to ensure that low-income young people have transportation and appropriate equipment for physical activity programs.

### Information Resource List

American Alliance for Health, Physical Education, Recreation, and Dance - [www.aahperd.org](http://www.aahperd.org)  
American Heart Association - [www.amhrt.org](http://www.amhrt.org)  
American School Health Association - [www.ashaweb.org](http://www.ashaweb.org)  
National Association of Sport and Physical Education - [www.aapherd.org/naspe.html](http://www.aapherd.org/naspe.html)  
National Association of Governor's Councils on Physical Fitness and Sports - [www.fitnesslink.com/Govcouncil](http://www.fitnesslink.com/Govcouncil)  
President's Council on Physical Fitness and Sports - [www.dhhs.gov/progorg/ophs](http://www.dhhs.gov/progorg/ophs)  
National Recreation and Park Association - [www.nrpa.org](http://www.nrpa.org)

### **For More Information Contact:**

South Dakota Department of Health  
615 East 4th Street  
Pierre, South Dakota 57501-1700  
Phone: 1-800-838-2301  
Fax: 605-773-5509  
<http://www.state.sd.us/doh/famhlth/datasheets.html>